

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1 - 18 (previously cancelled)

Claim 19 (previously amended) The abdominal exercise machine of claim 39, wherein
the pivot joint providing a combination of a pivot motion along the axis of said
semi-rigid member and a rotational pivoting motion.

Claims 20-22 (previously cancelled)

Claim 23 (previously amended) The abdominal exercise machine of claim 37, further
comprising:

a coupling means comprising a ball joint having a ball joint assembly, a ball
joint cover, and an opening;

said elongate flexible member coupled to said ball joint via said opening of said
ball joint assembly; and

said ball joint allowing for a side to side as well as a front to back motion of
said elongate flexible member.

Claim 24 (previously amended) The abdominal exercise machine of claim 23, wherein
2 said at least one upper grasping portion are substantially parallel to said upper
thigh engagement member.

Claim 25-26 (previously cancelled)

Claim 27-30 (cancelled)

Claims 31-32 (previously cancelled)

Claim 33 (currently amended) An abdominal exercise machine for exercising
2 abdominal muscles, comprising:

means for grasping an upper portion of the abdominal exercise machine wherein
4 said grasping means have ends extending in generally opposite directions;

means for engaging a top of an user's thighs wherein said engaging means have
6 ends extending in generally opposite directions; and

semi-rigid means for flexibly resisting compression, said semi-rigid means
8 coupling said grasping means and said thigh engaging means, said semi-rigid means
spanning abdominal muscles for exercise thereof;

10 whereby abdominal muscles are exercised when said semi-rigid means
undergoes compression when said is brought towards said lower body portion and

12 feedback is provided during a predetermined abdominal exercise.

Claim 34-36 (previously cancelled).

Claim 37 (currently amended) An abdominal exercise machine for exercising
2 abdominal muscles, comprising:

4 at least one upper grasping portion positionable in front of a user and configured
so as to be held by at least one of a user's hands and further so shaped and configured
in size to be engaged by a user's chest;

6 ~~an~~ a flat elongated flexible member flexible along some portion of its length and
positionable in front of a user and connected to said upper grasping portion at a first
8 end;

10 an upper thigh engagement member of a shape, size and configuration so as to
comfortably rest on a user's upper thighs in a standing, sitting or lying position and
attached to a second end of ~~an~~ the elongated flexible member;

12 wherein the user can position the machine in front during use and be held
between a user's upper thigh portions and chest area so as to provide resistance during
14 a stomach crunch motion and yet still provide visual cuing during use so as to view the
degree of flexing of the elongated flexible member during use.

Claim 38 (previously added) The abdominal exercise machine of claim 37 further
2 comprising two upper grasping members, wherein
the upper grasping members are spaced apart approximately 0° to approximately
4 180°.

Claim 39 (currently amended) The abdominal exercise machine of claim 37 wherein
2 the ~~coupling means is~~ upper thigh enhancement member is attached to the second end of
the elongated flexible member by a pivoting joint.

Claim 40 (currently amended) The abdominal exercise machine of claim 37 wherein
2 the ~~coupling means is an attachment body extending from the lower member, wherein~~
the upper thigh engagement member further comprises:
4 ~~the attachment body includes~~ an opening sized to receive the second end of the
substantially planar and elongate elongated flexible member.

Claim 41 (previously added) The abdominal exercise machine of claim 37 wherein
2 the at least one upper grasping member are rotatable handgrips.